



Shalas

SEA FOOD - INDIAN - CONTINENTAL - CHINESE - ARABIC

HIGHLY RATED

MULTI-CUISINE FAMILY SPOT



SYNDICATE CIRCLE, MANIPAL

8951986855 / 8660128410

**NATURAL
INGREDIENTS**

NO ARTIFICIAL COLOURS
OR SHORTCUTS

FRESH CATCHES DISPLAYED



SELECT YOUR FISH AT THE ENTRANCE



EXPERTLY
PREPARED



FRESH
INGREDIENTS



HYGIENIC
KITCHEN



FAMILY
FRIENDLY

INTERACTIVE OPEN
KITCHEN &
CONTEMPORARY
MARITIME VIBE



OUR CHEF-RECOMMENDED
FAVOURITES



CHICKEN
GHEE ROAST



ANJAL
TAWA FRY



NEER DOSA



LIVE SPORTS
SCREENINGS DAILY



All images shown in this menu are for illustrative purposes.
Actual presentation, portions, and sides may vary.

Paneer Chilli



Chicken Lollypop



Chicken Uruval



Chicken Nuggets



Buffalo Chicken Wings



MENU

APPETIZERS: VEG

Paneer Chilly/Manchurian/Pepper/65	270.00
Gobi Chilly/Manchurian/Pepper/65	220.00
Mushroom Chilly/Manchurian/Pepper/65	250.00
Babycorn Chilly/Manchurian/Pepper/65	240.00
Crispy Chilly Potato	210.00
Veg Spring Roll	210.00
Mushroom Ghee Roast	280.00

APPETIZERS: NON VEG

Chicken Nuggets	230.00
Fish and Chips with Tartare Sauce	Seasonal
Crispy Crumb Fried Chicken	390.00
Chicken Chilly/Manchurian/Pepper/65	295.00
Chicken Lollypop	300.00
Egg Chilly/Manchurian/Pepper/65	210.00
Chicken Salt & Pepper	290.00
Crispy Chicken	310.00
Drums of Heaven	360.00
Chicken Spring Roll	260.00
Mutton Chilly/Manchurian/Pepper/65 (Boneless)	750.00
Prawns Chilly/Pepper/65	Seasonal
Fish Chilly/Pepper/65	Seasonal
Squid Chilly/Pepper/65	Seasonal
Chicken Uruval	300.00
Chicken Dry Fry	270.00
Mutton Dry Fry	450.00

SOUPS: VEG

Cream of Tomato Soup	120.00
Cream of Mushroom	120.00
Cream of Spinach	150.00
Veg Manchow	100.00
Veg Hot & Sour	100.00
Veg Lemon Coriander	100.00
Sweet Corn Veg	100.00

SOUPS: NON VEG

Cream of Chicken	150.00
Chicken Broccoli	160.00
Crab Broccoli	200.00
Seafood Cream	200.00
Chicken Manchow	140.00
Mutton Manchow	170.00
Chicken Hot & Sour	140.00
Chicken Clear	140.00
Mutton Clear	160.00
Chicken Lemon Coriander	150.00
Sweet Corn Chicken	140.00

ROLLS AND SHAWARMA

Ckn Shawarma with Salad Roll/Plate	95.00/135.00
Ckn Shawarma with French Fries Roll/Plate	130.00/160.00
Ckn Shawarma only Meat Roll/Plate	140.00/195.00
Panner Roll	140.00
Cheese Ckn Shawarma Roll with Salad/Plate	150.00/190.00



Cream of Tomato Soup

Cream of Broccoli Soup

Cream of Chicken Soup

Chicken Manchow Soup

Lemon Coriander Soup

PASTA & CONTINENTAL

Veg Penne Alfredo	390.00
Chicken Penne Alfredo	450.00
Veg Penne Arrabiatta	350.00
Chicken Penne Arrabiatta	450.00
Seafood Farfelle In Cream Sauce	430.00
Spaghetti Bolognese	470.00
Chicken Lasagna	450.00
Grilled Fish In Lemon Butter Sauce	Seasonal
Grilled Fish In Chilli Cilantro Sauce	Seasonal
Grilled Chicken With Mushroom Sauce	430.00
Chicken Cordon Bleu	460.00
Chicken Maryland	390.00
Chicken Stroganoff	460.00
Chicken Saute Chasseur	470.00
Mac & Cheese Veg/Chicken	280.00/360.00

PIZZA & BURGER

Pizza Margherita	260.00
(A Classic Neapolitan Pizza with Mozzarella, Tomatoes & Basil)	
Chicken Tikka Pizza	360.00
(Spicy Chicken Tikka with Mozzarella & Tomatoes)	
Veg Burger	150.00
(With Coleslaw & French Fries)	
Chicken Burger	190.00
(With Coleslaw & French Fries)	
Veg Grilled Sandwich	140.00
(With Coleslaw & French Fries)	
Chicken Grilled Sandwich	190.00
(With Coleslaw & French Fries)	

THE MIDDLE EAST

Lobster Grill	Seasonal
(Smoky Lobster Seasoned with Saffron and Paprika)	
Arabian Fish Grill	Seasonal
(Grilled Fish, Seasoned with Arabian Spices)	

Penne Alfredo Pasta



Louisiana Fish Fingers



Crispy Crumb Wings



Grilled Lobster



Penne Arrabiata Pasta





Chicken Mandi

Chicken Malbar Biryani

Fish Biryani

Chicken Noodles

Mixed NonVeg Fried Rice

RICE RECIPES

Chicken Mandi (Half/Full)	700.00/1250.00
Mutton Mandi (Half/Full)	980.00/1570.00
Veg/ Egg Biryani	230.00/230.00
Chicken Biryani	270.00
Mutton Biryani / Tikka Biryani	490.00/320.00
Fish Biryani	Seasonal
Chicken/Mutton Malabar Biryani	310.00/500.00
Fish Malabar Biryani	Seasonal
Biryani Rice	150.00
Mandi Rice	160.00
White Rice/Boiled Rice	60.00/60.00
Steamed Rice	95.00
Curd Rice	110.00
Jeera Rice/Ghee Rice/Green Peas Pulao	190.00
Veg Pulao	210.00
Chicken Pulao	240.00

FRIED RICE & NOODLES

Veg Fried Rice	210.00
Veg Noodles	220.00
Egg Fried Rice	210.00
Egg Noodles	220.00
Chicken Fried Rice	260.00
Chicken Noodles	260.00
Veg Schezwan Fried Rice	225.00
Veg Schezwan Noodles	235.00
Chicken Schezwan Fried Rice	270.00
Chicken Schezwan Noodles	290.00
Prawns Fried Rice	390.00
Prawns Noodles	390.00
Mixed NonVeg Fried Rice	320.00
Mixed NonVeg Noodles	330.00

Appam



Surmai Tawa Fry



Crab Sukka



Pamfret Masala



Squid Sukka



MALABAR DELICACIES

Kerala Parotta (1 Pc) (Layered Indian Flatbread)	30.00
Appam (2pc)(Fermented Pancake)	60.00
Neer Dosa (3pc)	60.00
Puttu (Steamed Rice Cylinders with Fresh Coconut)	60.00
Kadala Curry	190.00
Veg Stew	230.00
Chicken Stew	310.00
Malabar Curry (Egg/Chicken/Mutton/Fish)	230/300/450/Seasonal

COASTAL DELIGHT

Ghee Roast (Egg/Chicken)	240.00/340.00
Ghee Roast (Prawns/Squid/Crab/Fish)	Seasonal
Uruval (Egg/Chicken)	200.00/300.00
Sukka (Chicken/Mutton-BL)	260.00/750.00
Sukka (Prawn/Crab/Squid/Marwai)	Seasonal
Tava Fried Fish	Seasonal
Masala Fried Fish	Seasonal
Rava Fried Fish	Seasonal
Fish Curry	Seasonal
Pulimunchi (Chicken/Fish/Prawns)	300.00/Seasonal
Fish Masala	Seasonal

THALI

Fish Thali	160.00
Chicken Thali	190.00
Veg Thali	180.00
Fish Curry Rice	80.00

CLASSIC INDIAN CURRIES: VEG

Paneer Butter Masala	250.00
Mix Veg Kadai	220.00
Kadai Paneer	260.00
Kadai Mushroom	250.00
Palak Paneer	250.00
Veg Kolhapuri	210.00
Mushroom Kolhapuri	250.00
Paneer Kolhapuri	260.00
Veg Masala/Mushroom Masala	210.00/250.00
Aloo Gobi Masala	210.00
Aloo Mutter Masala	210.00
Paneer Tikka Masala	310.00
Paneer Tawa Masala	310.00
Dum Aloo Punjabi	250.00
Veg Punjabi Masala	220.00
Veg Hyderabad	200.00
Aloo Jeera Dry	200.00
Dal Tadka/Dal Fry/Dal Kolhapuri	190.00/170.00/200.00
Dal Palak	170.00
Navaratan Korma	260.00

CLASSIC INDIAN CURRIES: NON VEG

Butter Chicken (Half/Full)	300.00/580.00
Murgh Musallam (Half/Full)	600.00/1,110.00
Kadai Chicken/Kadai Mutton	299.00/430.00
Chicken Handi/Mutton Handi	290.00/430.00
Chicken/Mutton Kolhapuri	320.00/440.00
Egg/Chicken/Mutton Masala	160/280/440.00
Chicken/Mutton Rogan Josh	310.00/430.00
Chicken/Mutton Bhuna Masala	330.00/430.00
Chicken Tikka Masala/Tawa Masala	330.00/340.00
Chicken Mughalai/Angara	350.00/310.00
Chicken Hyderabad/Mutton Hyderabad	295.00/440.00



Paneer Butter Masala



Veg Kadai



Butter Chicken



Mutton Hyderabad



Murgh Musallam



Paneer Tikka



Tandoori Fish



Chicken Platter



Fish Tikka



Stuffed Aloo Paratha

TANDOOR & CHARCOAL: VEG

Paneer Tikka/Hariyali/Malai/Balwan	300/290/300/360.00
Mushroom Tikka/Double Decker	290.00/360.00
Harabhara Kabab	250.00
Babycorn Tikka	290.00

TANDOOR & CHARCOAL: NON VEG

Fish Tikka	Seasonal
Tandoori Fish	Seasonal
Chicken Tikka/Malai/Hariyali/Afghani/Achari	300.00
Kalimirch/Lasooni/Banjara	300.00
Chicken Pahadi Kabab With Bone	320.00
Tangdi Kabab	390.00
Tandoori Chicken Half/Full	300.00/560.00
Assorted Non Veg Platter (30 Pc)	1600.00
Chicken Chatpata	295.00
Chicken Alfam/Hariyali/Pepper/ Dynamite (Half)	280/300/300/300.00
Chicken Alfam/Hariyali/Pepper/ Dynamite (Full)	550/580/580/580.00
Grilled Chicken Wings	270.00
Grilled Fish	Seasonal

INDIAN BREADS

Chapathi	25.00
Roti/Butter Roti	40.00 / 45.00
Naan/Butter Naan/Garlic Naan	50/60/90.00
Cheese Garlic Naan/Butter Cheese Garlic Naan	120/150.00
Rumali Roti	65.00
Kulcha/Butter Kulcha	50.00 / 55.00
Garlic Kulcha/Butter Garlic Kulcha	70.00 / 90.00
Phulka/Butter Phulka	25.00/30.00
Kashmiri Naan	150.00
Laccha Paratha/Buttered Laccha Paratha	55.00 / 65.00
Stuffed Veg Paraatha/Aloo Paratha	120.00/110.00
Paneer Paratha	170.00

FRESH JUICES

Sweet Lime	140.00
Grape	140.00
Water Melon	110.00
Orange	120.00
Pineapple	120.00
Pomogranate	140.00
Fresh Lime (Juice/Soda)	60.00
Ginger Lime	60.00
Mint Lime	60.00

BEVERAGES

Tea (Green/Masala/Lemon/Ginger)	30.00/45.00
Coffee	40.00

MILK SHAKE

Vanilla	160.00
Strawberry	160.00
Chocolate	170.00
Apple	160.00
Chikku	160.00
Muskmelon	170.00
Mango	180.00
Banana	140.00
Horlicks	140.00
Kit Kat	140.00
Oreo	140.00
Cold Coffee (With Ice Cream)	190.00

HEALTHY DRINKS

ABC: Apple + Beetroot + Carrot	200.00
COP: Carrot + Orange + Pineapple	200.00
CAG: Carrot + Apple + Ginger	200.00
CAP: Carrot + Apple + Pineapple	200.00



Orange Juice



Watermelon Juice



Pinacolada Juice



Kitkat Milkshake



Chocolate Milkshake



Blueberry Mojito



Gudbud



Fruit Salad



Brownie with Ice Cream



Dilkhush

MOCKTAILS

Tripple Berry Sparkle	150.00
Caramel Frappuccino	170.00
Shirley Temple	170.00
Vergin Mojito	130.00
Blackberry Mojito	140.00
Blueberry Mojito	140.00
Virgin Pinacolada	150.00
Whipped Lemonade	170.00
Iced Tea	120.00
Watermelon Lemonade	120.00
Pineapple Mint Mojito	140.00

DESSERTS

Vanilla Ice Cream Scoop	65.00
Mango Ice Cream Scoop	70.00
Strawberry Ice Cream Scoop	65.00
Chocolate Ice Cream Scoop	70.00
Pista Ice Cream Scoop	70.00
Gudbud	210.00
Fruit Salad with Ice Cream	190.00
Fruit Salad	150.00
Banana Split	200.00
Dilkhush	210.00
Assorted Cut Fruit	160.00
Gulab Jamun (1pc)	50.00
Gulab Jamun (2pc)	90.00
Brownie	75.00
Brownie with Ice Cream	140.00
Sizzling Brownie with Ice Cream	210.00